



## *UCity Swim Club Locker Room Etiquette*

(This policy can also be found at [universitycityswimclub.com](http://universitycityswimclub.com).)

Please keep all cell phones stored in backpacks or lockers the whole time you are swimming, using the locker room, or on the pool deck. This means:

- \* no talking on the phone
- \* no Facetiming
- \* no taking photos
- \* no taking videos
- \* no posting to social media

**USA Swimming prohibits the use of a phone in this way during practice and UCSC follows this policy.**

Please do not engage in horseplay in the showers or locker room. This includes:

- \* throwing wet paper towels at each other
- \* looking under bathroom stalls
- \* pouring out or using another swimmer's shampoo without asking
- \* attempting to access or trying to peek inside the opposite gender's bathroom or locker room
- \* anything else that is disrespectful to people, their things, or the Natatorium

Please be mindful of other people's personal belongings. Do not touch or move other people's things without permission.

Please help us to protect the environment and conserve water by taking speedy showers and not wasting paper towels or toilet paper.

Do not make comments about the size or shape of anyone else's body (or your own!). Even if you don't mean to hurt someone's feelings, your words can cause pain or shame. If you overhear someone speaking about another swimmer's body, please let a coach know.

If a swimmer fails to abide by these policies a warning will occur (after the first offense). After the second offense the swimmer will lose locker room privileges for a length of time determined by the Board.

Adopted by the University City Swim Club, Inc. Board of Directors this 8th day of April, 2019: /s/ Tamara Arnow, President UCSC Board.